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MAGAZINE OF PHYSICAL CULTURE

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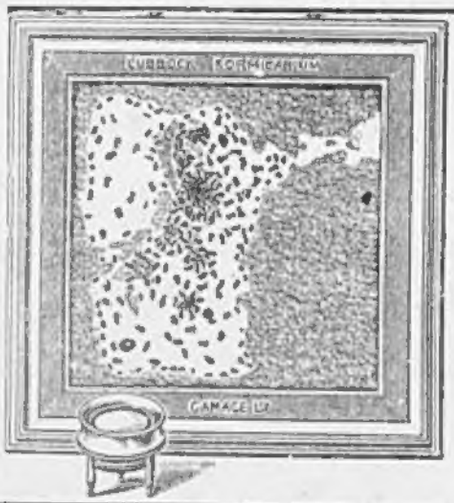

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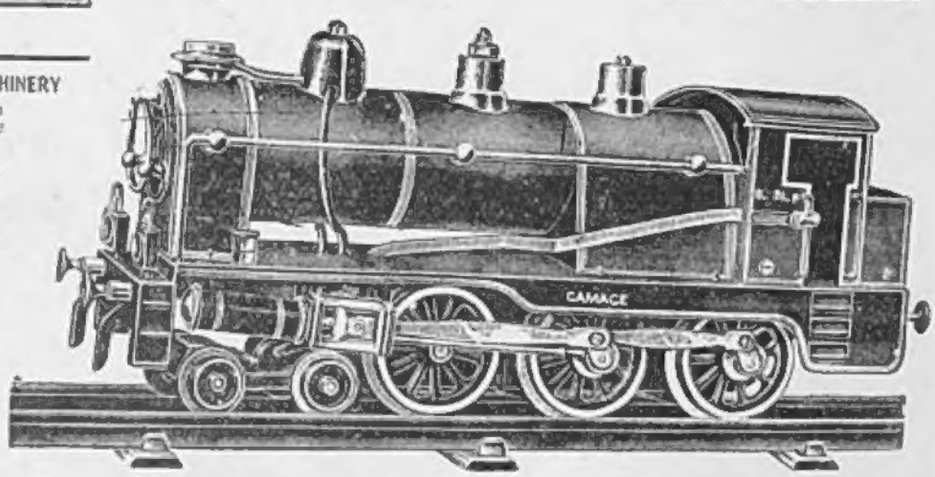

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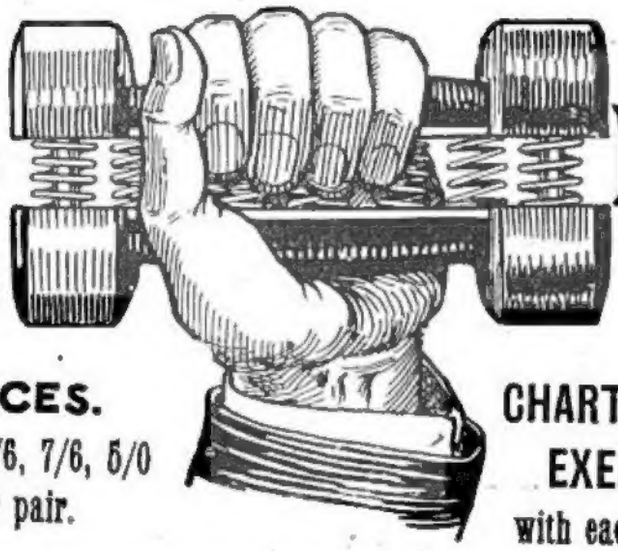

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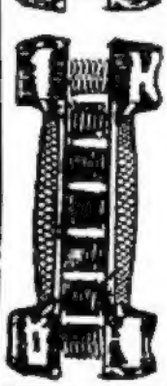

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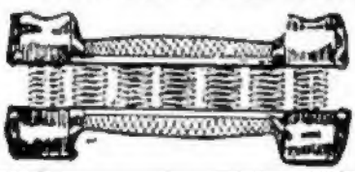

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No. 13.

SANDOW'S MAGAZINE

... OF ...

PHYSICAL CULTURE.

Editor: EUGEN SANDOW.
Assistant Editor: FRANK PINK.

MOTTO:—*Mens Sana in Corpore Sano*—A SOUND MIND IN A SOUND BODY.

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NOTES FROM MY NOTE-BOOK.

BY THE EDITOR.

Elsewhere in this issue appears an announcement which was made recently in the columns of the *Evening Standard*, and which, if true, is certainly of the utmost importance to the people of this country. I have so often referred to the value of promoting some form of military drill and shooting practice among the youth of this country that I need not now say more except to wish that the suggestion of the London Chamber of Commerce will yet be carried into practical effect. The scheme of training schoolboys to the use of arms is already in effect in several of our colonies.

o——o

Since the first day that jiu-jitsu was introduced to the notice of Englishmen, I do not think a single word has been said in its disfavour. At last, however, the true-born British grumbler has appeared, and condemns the Japanese method of wrestling as "counter to all British ideas of sport." It is made for a little people, he continues, cannot be employed by the aged, and to compare it with boxing is "an outrage." But surely a sport that puts the little man on a par with the big one has something in it running parallel with British ideas of sport.

o——o

A writer in the *Newcastle Journal* suggests that the Education Committee should commence a class on hygiene for librarians and their assistants, library caretakers, tramway conductors and inspectors, railway servants, and others who have charge of, or assist in, looking after places where a number of people are often crowded together. This is by no means a bad idea, but before this can be done, I think some more hygienic arrangement of the windows and ventilators in railway carriage and tramcars will have to be discovered. In an English railway carriage the man in the corner seat too often dominates the ventilation arrangements.

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The humane wave that is passing over this country on behalf of those who are not always able to keep themselves is the evidence of an admirable spirit. Thousands of hands are being willingly extended to improve the physique of the children and the conditions under which they live. Mr. Lloyd George's Bill provides for the better treatment and feeding of those "who go down to the sea in ships." In numerous trades altruistic efforts are being made to improve the lot of the workers. Among the latter none deserve more sympathy than the men who daily risk their lives in the mine, and it would be a happy idea if the Government made it compulsory for all mine-owners to keep a corps of life-savers fitted with the special apparatus worn by the Germans at Courriers.

o——o

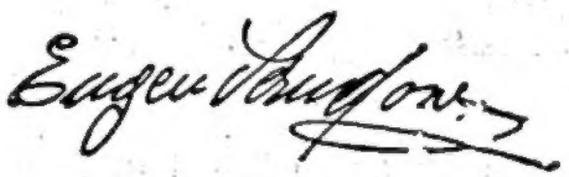
I am heartily glad to see the strenuous efforts that are being made to suppress the cigarette habit among the boys of this country. As Lord Roberts said the other day, no boy, or, for that matter, no young man, can be really fit if he smokes cigarettes. They weaken the nerves, and in many cases interfere, to a dangerous degree, with the heart's action. It will be a good thing for the country when Dr. Macnamara's anti-cigarette Bill becomes law.

o——o

The enthusiasm on behalf of physical training for the young is increasing, and I am glad to learn from the columns of the *Saturday Review* that a large number of elementary teachers have voluntarily qualified and obtained certificates as instructors in physical training. But if the physical education is to be compulsory for the pupil, it is necessary that *all* elementary teachers do the same. The success or otherwise of the whole movement will depend upon the experience and capacity of the instructors.

o——o

The "unco guid" of Glasgow have never been remarkable for the profundity of their perception, or the soundness of their logic. Four applications for boxing exhibitions have been refused by the Glasgow city authorities because there has been a recrudescence of hooliganism in that city, and an increasing number of cowardly attacks on inoffensive citizens. Where the connection comes in between a thoroughly manly sport and the despicable tactics of the knuckle-duster-using fiend, I for one utterly fail to see.



The Food We Eat.

IGNORANCE may be bliss, but it is dangerous, as the following incident shows.

In a certain agricultural paper recently there was a printed inquiry from a correspondent, who described a growth the size of a goose egg on the eyelid of a cow, and who said "any information as to treatment will be much esteemed." The printed reply contained the following passage: "You had better again consult the veterinary surgeon who removed the growth before, and if in his opinion it is of a malignant type it would probably be wise to fatten out the cow at the earliest possible moment."

The possible sequel to the fattening of a cow is the disposal of its carcase for human food, and the paragraph in question was accordingly shown to Dr. Collingridge at the Guildhall.

"An improper reply," he said, "and a suggested proceeding which is improper. It is, I should say, ninety-nine chances to a hundred that the growth referred to is not malignant, but if it should chance to be so, and the animal is sold for human food, there is, in my opinion, distinct danger to the community. I believe that the eating of cancerous meat may produce cancer in the human being. In the case of an animal with any complaint it should be examined before it is killed, and after it is killed, by a veterinary surgeon."

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On left hand corner is the Technical School where youths employed are taught carpentry and shoemaking.

View showing entrance to the Company's ...

AN INDUSTRIAL UTOPIA

Where Bodies and Brains are Sacred and not merely Money-making Machines.

"UNLESS we destroy the slums of England, England will be destroyed by the slums."

And there is only one way to destroy the slums. Bring the workers from the cities to the country. Take the factories and the workshops from the soul-stifling atmosphere of the congested city to the glorious, exuberant environment of old-world villages and fresh-smelling fields. Bring the poor, stunted bodies that are being poisoned with smoke and saturated with alcohol away from the garish glare of the public-house and music-hall into the evolving sunlight and the bracing freshness that will bronze their cheeks, broaden and deepen their chests, and make real live men and women of them.

Apart altogether from the humanitarian aspect of the question, it will pay you, Mr. Employer. It will pay you in hard, round pounds, shillings and pence. The extra freightages will be amply compensated for by the increase in the working capacity and the economic value of your employés. You don't even need to make any experiments. It has already been amply demonstrated at Bournville.

When Mr. George Cadbury, the great cocoa manufacturer, made the above statement, he had already tested the practicability of this method of transplanting labour into more wholesome surroundings, and the result has been—well, Bournville.

Bournville is situated in the midst of the most lovely undulating country, only five miles away from the reek and din of black, ugly Birmingham. The difference between those two B's is as great as the difference between two well-known words beginning with the letter H. The one is a veritable earthly Paradise,

the other a literal Inferno. In the latter, thousands of human beings, from whom most of the humanity has been subtracted, are housed or herded together in slime and gloom. In the former, four thousand workers, of all ages and of both sexes, are living in bright, well-ventilated, sanitary cottages, with neat, flourishing gardens, and the sweet breath of the country all around, instead of the eternal stink of the slums. In Birmingham, the death-rate in some districts is as high as forty per cent.; in Bournville, it does not exceed four.

A MAGNANIMOUS GIFT.

The story of Bournville's development is as fresh to read as Bournville itself is to look at. In these days of not too scrupulous commercialism and conscienceless self-seeking, it is decidedly refreshing to come across a man of business who can see further than the gate of his factory, and who, in a small way, founds an industrial Utopia without making any pretence to philanthropy.

When Mr. Cadbury first removed his works from the unsavoury environment of Birmingham, he began building, under the direction of first-class architects, commodious and artistic cottages, which he sold to his workmen at cost price on deferred payments. But, as the valuation of the cottages increased, some of the workers naturally could not resist the temptation to sell, and ultimately that undesirable personage, the landlord, made his appearance. So another method of securing permanent homes to the workers was devised.

Mr. Cadbury relinquished his ownership of the entire village estate.

NO OVERTIME.

A deed of trust was executed, making over to successive boards of trustees the control in perpetuity of the property for the original purposes. The value of the gift is £200,000. It consists of six hundred and five acres of land, together with cottages, the annual rental of which is £5,000. None of the revenue returns to the donor, the entire income being expended for the upkeep of the buildings, for necessary improvements, and for further building operations. These cottages are rented at various prices from £13 to about £24 per annum, each cottage having its own garden. Nearly half the tenants work in Birmingham, and are not employed by Cadburys.

But the home-life of the Bournvillagers is spent under no less agreeable conditions than their industrial life. There is no sweating and no overtime at Bournville works. The work of the day is accomplished in eight hours, and the rest of the time may be devoted to recreation, rest, or self-education.

Physically, both sexes are generously catered for. There is a magnificent, well-appointed gymnasium, and two competent instructors are provided for those who aspire after physical development. All the girls are allowed fifteen minutes daily off their working time to attend the gymnasium, and attendance is compulsory, except where there is some reasonable excuse for abstention. There is also attached to the girls' workroom a cosily-furnished retiring room, to which a girl who is taken suddenly faint or ill may withdraw and recuperate.

"BUDDING RANJI'S."

The youths employed at the factory are afforded every opportunity of developing into Duffy's if they have a taste for sprinting; into Fry's or Ranji's if they incline towards cricket; into Woodward's or Bloomer's at football; into Bilington's or Jarvises if they prefer natatorial sports; into Kubelik's if they are musical; even into Chamberlain's or Campbell-Bannerman's if they like the strenuous political life. For Bournville has its athletic grounds (with two professionals to teach the young limbs how to stride to their fullest extent), its cricket fields, its football grounds, its swimming-baths, its orchestra, and its literary and debating societies.

From the first stage of life to the last, the workers on the Cadbury estate are well provided for. There is an enchanting playground for children. There are trained nurses, skilled physicians, and dentists, all provided at the company's expense. For the aged, there are cosy

Welfare Work for Boys and Girls at Bournville.

Open-air Swimming bath. Size 100 ft. long and 35 ft. wide for the use of all members of the Athletic Club

Girls' Recreation, about twelve acres, and cricket and hockey ground, etc. Grounds are in the hands of trustees.

cottages specially designed for the comfort of their declining years. Bournville is an oasis in the wilderness of industry.

Nothing could be more remarkable than the comparison between the girl-workers here and those in factories and workshops of large cities. Nature has set her stamp on the workers of Bournville. Healthy, rosy cheeks, well-developed figures, cheery, laughing faces; what a contrast to the sullen, shrewish, semi-developed girl-workers of London, Manchester, or Birmingham! Stand any day at the approach to London Bridge or Blackfriars Bridge at the "knocking-off" hour. Study the young girls going home in groups together. The brand of the city is on them all. They might well have been stamped out of one piece of clay. The pinched faces, the flat chests, the narrow hips, the prematurely-aged expression, are too sad for words. One may well wonder what sort of men and women the nation may some day expect with such mothers.

And who is to condemn them that the brilliant lights of the corner "saloon," and its atmosphere of false merriment, attract them more irresistibly than the awful pig-sty that insults the word "home?" Here, in the great city, every inch of the homeward journey is studded with all the temptations that lead to social wreckage and human outlawry. In Bournville, the homeward route leads through surroundings that cause the human soul to soar. Here, indeed, "every prospect pleases, and only man seems vile." Writing in the *Cosmopolitan Magazine*, an American observer points out the value of the lesson to be derived from Bournville. "Bournville," says the writer, "has answered many social questions of late years: Will factory-people wisely use the leisure given them by a short work-day? Will men and women, unconstrained, make use of

The Village Inn.

No alcoholic liquors of any kind are served in this charming old-fashioned inn.

THE CRICKET PAVILION.

This building includes a handsome and well-equipped gymnasium (60 ft. long), kitchen, refreshment bar, luncheon-room, and shower-baths.

opportunity for mental culture? Will families, reared in close city quarters, adapt themselves to tidy and artistic housing? Will the men appreciate the getting 'back to Mother Nature,' and will they steadily work their gardens? The answer is a clear 'Yes.'"

The Bournville technical and manual-labour schools show fine results. The debating clubs enlist keen interest. The young lads who work in the factory, and those employed in a clerical way, commingle in social life and grow away from consciousness of that pernicious caste which yet lags in good old England. And, as for gardening, why, it is the very joy of life among the villagers! The men, not being overworked in the factory, go straight to their gardens with keen delight. The Bournville man with the hoe makes a cheerier epic than the dumb, unrequited drudge, whose awful story is told in his slanted brow and dehumanised visage.

Attention, Reason and Judgment.

Psychologists assert that no impression made on the brain is ever lost, but is stored up in the sub-conscious mind as concepts. Such concepts are the result of the impressions received through the special senses and from the internal organs. These concepts are continually arising in the conscious mind from association, similarity, and contrast. The higher volitional centres, probably situated in the left prefrontal lobe, have the power of suppressing all concepts from the mind except those which we wish to use, and it is impossible for two trains of thought to occupy the mind simultaneously. This power to select our concepts and trains of thought is known as attention. The power to refer a concept to its cause is known as reason. To form our concepts into a definite plan of action is called judgment.

Don't Eat Unless You are Hungry.—Food Must be Relished to do Good.

PEOPLE who have been accustomed from childhood to eating three meals a day regularly, generally seem to think that they must continue to do so, whether they are hungry or not. Three meals a day they have always been in the habit of eating, and three meals a day they think they must eat, no matter what the result.

The truth of the matter is, a person should not eat except when hungry. If one rises in the morning without any appetite for breakfast, it is better to go without breakfast than to force oneself to eat; or if noontide comes and there is no appetite for dinner, let the dinner go; wait until supper-time, perhaps by that time food will be relished; if not, skip supper.

When a meal is eaten simply because it is meal time, and not because one is hungry, the food is apt to do more harm than good. Food taken without relish is really a clog and a hindrance to the body, rather than a nourishment. Appetite is necessary to the digestion of food, because if the food is not relished the saliva and gastric juices will not be freely secreted. That is the reason so many so-called health foods are really not health foods at all.

If a person does not like a certain food, but forces himself to eat it because it is recommended as a health food, he is doing himself positive injury. No matter what the food is, how, plain, how simple, if it is relished it will do far more good in building up health and vitality than the most highly recommended health food that is so unpalatable that one must force himself to eat it.

Appetite is generally the best guide as to what we shall eat. We do not mean an appetite that has been perverted by all sorts of highly seasoned, rich, and indigestible foods, but a natural, healthy appetite.

If one has no appetite or hunger for food he should fast until appetite returns. Even so-called indigestible foods are not nearly so apt to disagree if they are relished, as is a so-called health food that is forced upon the stomach.

Do not clog the system by an oversupply of food. Never eat unless hungry. Never force yourself to eat a food because it has been recommended as a health food. Eat only such food as is relished. Be temperate in eating, and there will be little cause for worry as to the effect of what you have eaten.—E.P.

Where You Get Baths for Nothing.

MARYLEBONE—all credit to it—began the custom of giving free baths to the poor. Now Holborn, St. Pancras, Hackney, and other parishes are following suit. It is just eight years ago since the experiment was first made in Marylebone, and during that time 45,543 men, women, and children have had free baths and their clothes disinfected, under the care of Miss Kilgallin, who was a pioneer missionary for the teaching of clean habits among the destitute poor of London.

"Dr. Blyth," she said to a press representative, "began the work with one bath and a geyser. Now we have four baths for men, two for women, and one for children; and still we need more.

"Our method is very simple. Each applicant for a bath is given a ticket, and takes his, or her, turn; and, while in the bath, all the clothing is placed in our furnace for disinfection.

"It increases their self-respect," went on Miss Kilgallin. "They come in often looking down every way; but, after a bath, and with their clothes warmed and cleaned, they go out with a look of independence and comfort that's good to see.

"Our figures for last year were 9,412 men and women, and 400 children. The County Council co-operates with us by compelling the children to come to school clean. If they are not, they send them here; and if they object to that, their parents are summoned.

"I hope soon to have four new baths, and then I shall be able to do so much more good. Some rich people—a few—have enabled me to buy shoes and some other necessary articles."

SEVERE SELF-DENIAL. — Every one of us would feel a thousand times better if, as a Lenten penance, let us say, we determined not to mention diet or diseases or cures from now till Easter."—*The World*.

CYCLIST: "I'm very sorry to hear about your husband, Mrs. Carver. It's *double* pneumonia, you say?" — Mrs. Carver: "Yes, Mum. You see, he had a dreadful cold, and would go doing a bit o' gardening; and instead of coming home to dinner, feeling a bit bad like, he lay down in the wood shed, and *that's where he doubled it!*"—*Punch*.

"STRONG MAN" IN THE DOCK.—At Clerkenwell Sessions, on Thursday, William Geo. Murray, 36, described as a "strong man" and gymnastic instructor; Arthur Lyon, 20, clerk; and Emily Sweeney, 24, a domestic servant, were indicted for stealing and receiving jewelry and other articles, value £43, belonging to a Tottenham-court-road chiropodist, Mr. Julius Williams. The theft was committed, it was alleged, by Sweeney, at the instigation of Murray. The jury found Murray and Lyon "Guilty" of receiving.—Mr. Mc Connell, K.C.: My opinion is that this young woman was a cat's-paw in the hands of the men.—The Jury: We intended to recommend her to mercy.—Sweeney was bound over, Lyon was ordered six, and Murray four months' imprisonment in the second division.

MAKING LITTLE MEN AND WOMEN.

Ten Years of Valuable Work.

IT would be interesting if we could have some official statistics to show the benefits accruing to the many pleasing and useful innovations being introduced into present-day school life. Among these desirable new features the work of the Gentlewoman Education Bureau is one deserving every commendation.

Miss Hawtrey, the manageress during the last ten years, has been telling her experiences and opinions to a *Daily Mail* representative.

"Many more girls go to school nowadays than formerly," said Miss Hawtrey, "because, I think, of the games; and the athleticism of girls' schools has really reached a point when it wants some more regulation. I personally inspect all schools which are put on our books; I look over their play-grounds, class-rooms, and bedrooms, consider their drains, games, working hours, lighting, and air space; and I find that I have to say a good deal nowadays about the games at girls' schools, and the necessity of the girls' health being closely watched in regard to this point.

"Boys' and girls' preparatory schools are so numerous to-day and change so rapidly that, however thorough my first inspection is, I must watch them carefully afterwards. The principal becomes ill, which often means neglect of the children; or he gets into financial difficulties, which means poor food, inferior masters, and general bad temper. I am sorry for such people, and go willingly when they send for me to advise them, but I recommend the school no more till matters have been pulled round. So many more delicate boys and girls go to school now than formerly that one must be careful."

A STRONG MAN ADMINISTRATOR—The announcement in Paris that M. Jean Vuillod has been appointed to the post of financial administrator of the convict colony of New Caledonia, has called public attention to the extraordinary career of that gentleman. Endowed from his youth with herculean strength, M. Vuillod started his public life many years ago on the boards of the Folies Bergere as an athlete who could lift a gun from its carriage and play with ponderous iron balls as though they were mere paper weights. Eventually, he went in for politics, and was returned for Parliament by the department of the Jura. In the Chamber, though he witnessed many stormy scenes, M. Vuillod never made use of his redoutable biceps, and well contented with that, his electors made him a senator and also mayor of the town of St. Claude. After a time M. Vuillod retired from the arena of politics and his name disappeared from publicity, until recently when his appointment at Noumea was made known. M. Vuillod's personality is undoubtedly an ideal one to instil a wholesome fear into the desperate characters of whom the population of New Caledonia is mainly made up.

"Gentleman Jim" Corbett, the ex-world's champion pugilist, has now made a "hit" as an actor. It has been a long time since he has been able to market a hit as a prize-fighter.

"My recipe for self-preservation is exercise."—DAVID DUDLEY FIELD.

Some insects are born, grow old, and die in the space of twenty-four hours.

HOW MANY EGGS CAN YOU EAT?

Records Broken and Races Won on Eggs.

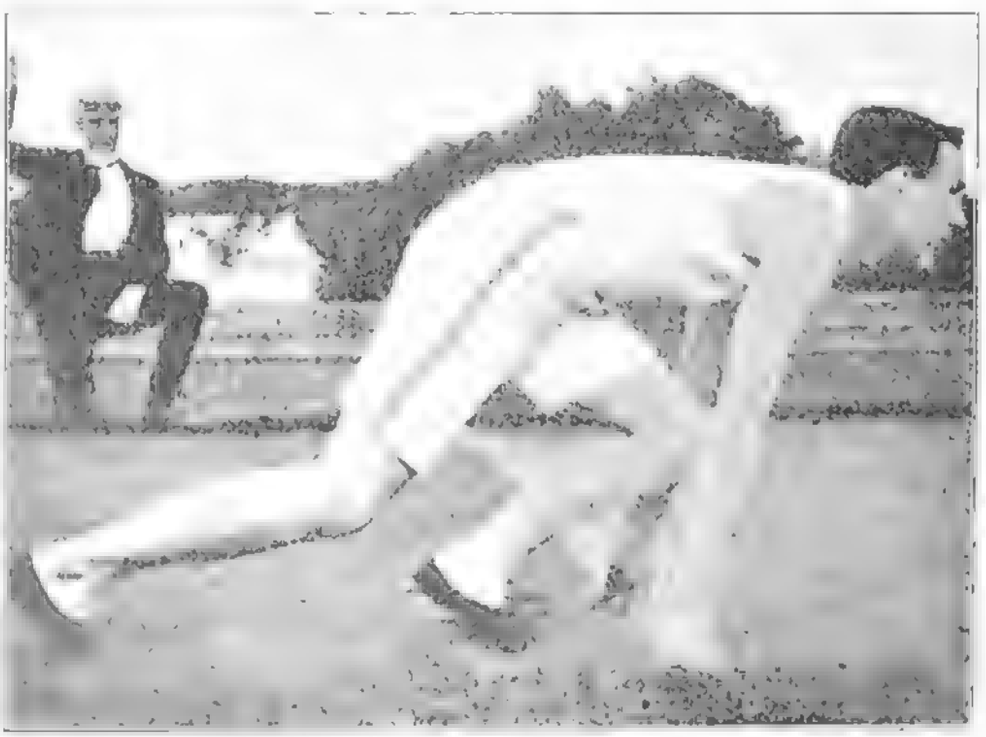
THE Cambridge eight astonished everyone recently by knocking 22 secs. off the previous best from Marlow Point to Cookham Bridge. "Eggs did it," says the *Daily Mail* representative, and he supports his theory amusingly, if not altogether convincingly. Each member of the crew consumed four eggs every morning at breakfast, but the secret of the Oxford matutinal methods has not been made known.

"Cambridge fellows always were very fond of eggs," said one of the Dark Blues, with a patronising air; "but I can't say that I'm very much gone on the common variety laid by the barndoor fowl. There's too much of a sameness about them, and I much prefer a plover's."

"EGGS OR NO EGGS."

There is a general concensus of opinion at Henley, notwithstanding, that Mr. W. A. L. Fletcher, the Dark Blue coach, would do well to keep his eye on the egg problem in its relation to physical fitness. It was noticed recently that the crew were a trifle listless, but although the finest of crews will often go stale at about the second or third week of strict training, it is not the same thing as going stale two or three days before the race. Still, as was pointed out the other day, it is highly necessary that during this critical period muscle-forming foods should monopolise the athletes' diet, and eggs—new-laid ones—certainly come at the head of this category.

An Oxonion, discussing the subject after the crew had returned from their afternoon's exercise, said, "It's all very well to say that eggs are responsible for beating that Bourne End record by 22 seconds; but look what a 'rotten' lot that 1899 crew were. Anybody could beat that record—eggs or no eggs." On it being pointed out to him, however, that if the Cambridge crew continued to eat forty eggs per day between now and the time fixed for the race they would have absorbed over a gallon of white, containing 14 per cent. of pure albumen, or four times the same amount of nutriment as that yielded by the blood



F. L. Thompson, of Amherst,
A well-known sprinter who speaks highly of the Egg Diet for Athletes.

of five fat oxen, he acknowledged that, after all, there might be something in the egg contention, and went away half converted.

EGGS *and* EGGS.

There are, it must be confessed, two rather serious obstacles to the adoption by the Dark Blues of the lead the Light Blues have given in this matter. The first is the unconquerable Oxford aversion to being suspected in the slightest degree of imitating the sister university in any gastronomic or sartorial detail; and the second, the well-known fact that Thamesfield, Sir John Edwards-Moss's pretty riverside place, where they are his guests for the next week or so, is famed far more for its orchid than its hen houses.

Sir John's orchids are very beautiful, and are a continual source of delight to his visitors; but unfortunately they contain little or no albumen, and besides, if they did, they are much too costly to convert into salad. So that if the Oxford coach is eventually compelled by force of public opinion to put his crew on an egg diet the material will have to be drawn from the Henley tradesmen, who recently, in anticipation of an unusual demand, put up the price from eight to seven a shilling.

And there is always the danger that a shop egg, however respectable its credentials, may not always come up to representations. It will be seen, therefore, that in this respect the Light Blues, who draw their supply from the farmyard attached to their hotel, enjoy a considerable advantage.

ST. LEGER WON BY EGGS.

It is not generally known—and may serve to check those who are inclined to scoff at the egg diet for athletes—that a famous St. Leger winner named Birmingham, who beat the Derby winner Priam for the great Doncaster race in 1830, was trained for the race on an egg diet. He was owned by a Mr. Beardsworth, the owner of a small farm near Birmingham—hence the horse's name—and Mrs. Beardsworth used to spend all her time in feeding the horse with the produce of her hens. The course on the day of the race was in a terrible boggy state, and Birmingham, a big, powerful horse, won by sheer strength. The Beardsworths always attributed his success to his egg diet.

The following table gives the relative values per cent. of eggs and lean beef :—

	Eggs.	Lean Beef.
Water	73·7 ...	64·4
Unavailable nutrients ...	1·1 ...	1·6
Available nutrients—		
Protein	14·4 ...	18·9
Fat	10·0 ...	14·7
Ash	0·8 ...	0·7
Fuel value—		
Calories per lb.	72·5 ...	11·55

"Eggs are really the only concentrated food known," said Dr. Willoughby, the well-known lecturer on food products, to a *Daily Mail* representative. "When I am pressed with work, I find nothing better than a few eggs broken into milk and swallowed. In sustaining power, in all that goes to repair waste and supply fuel, they are as good as a big dinner."

Dr. Willoughby was greatly interested in the report in the *Daily Mail* of the Cambridge crew's enthusiasm for eggs, and he is not surprised that they should be doing well. Beyond a proportion of water, an egg, he stated, is practically all food, and is most easily digested.

Simple Remedies.

Some of the most effective remedies are commonplace, everyday things that we give very little attention to, simply because they are commonplace. One of these simple remedies is ordinary table salt.

When suffering from a cold in the head, or any kind of catarrhal or throat disorders, try sniffing a warm solution of salt water in the nostrils, and gargle the throat with cold salt water.

If a daily bath is followed by a salt rub, that is, simply taking salt, wetting it with water, and rubbing it thoroughly over the body until the skin takes on a red glow, then rinsing it off quickly with cold water, followed with a brisk rub—such a bath as this taken daily is almost a sure preventive of catching cold.

Salt has also been recommended as beneficial to the scalp. We know one woman who says that she had been in the habit of using a strong solution of salt water to wash the hair, and finds that it makes her hair very soft, and keeps it in good condition.

A little salt rubbed on the teeth is not only very cleansing, but keeps the teeth white, and it also hardens the gums.—F.P.

THE MAN WHO WILL MEET MADRALI.

Interview with Georges Hackenschmidt.

THERE is one marked trait in the demeanour of Georges Hackenschmidt, and that is his outstanding modesty. On the stage Hackenschmidt is a perfect athlete, off, he is a perfect gentleman. There is nothing forbidding about Hackenschmidt, and though he is possessed of sinews of steel, and of a strength to the possibilities of which he can hardly place a limit, yet withal he has the nature of a dove and talking with him becomes a real pleasure, writes a pressman in the *Yorkshire Telegraph and Star.*

Following his first exhibition at the Empire Palace on Mar. 12 (writes a representative), I took advantage of managerial courtesy and spent some little time in Hackenschmidt's room, where he conversed with unobtrusive freedom. He speaks excellent English, by the way.

Naturally, the chief topic of conversation was the match with Madrali, and it is noticeable that there was an entire absence of cock-suredness in Hackenschmidt's tone—just a quiet smiling confidence which invariably presages success. "It is a serious matter for me," the great wrestler observed, "I am in thorough earnest about it, and I shall do my best. At Græco-Roman there is no doubt I could easily master him, but in the catch-as-catch-can style there is no telling what might happen. Anything may happen," he added, with a quiet shrug of the shoulders.

"Madrali is very clever with his leg holds—cleverer perhaps than I am, but I shall rely on my quickness, combined with my strength, to beat him."

The mishap which put Madrali out of the last contest so speedily was alluded to. "Bad luck," quietly remarked Hackenschmidt. We are all liable to it—it may be my turn this time. One can never tell. Barring accidents it is difficult to say how the contest will go. I shall do my best—it is a serious matter for me, and we shall have to wait and see the result."

"The match is to a finish, is it not?" I asked.

"To a finish."

"Supposing one day is not enough?"

"It will be to a finish. But one day will suffice—it will be finished all right." There was nothing of the braggart in the way this observation was made, but there was a world of significance.

Hackenschmidt's chief training is his nightly exercise, with, of course, proper food, mostly of a natural, wholesome character. But he is undertaking special exercises in view of the 28th prox., such as running, jumping, and skipping. This is to improve his wind.

Hackenschmidt added that his injured arm, which necessitated a previous postponement of the encounter, was now all right. "The contretemps was entirely due to overwork, my blood was completely out of order, and there was no doubt I needed a rest. I'm all right now, and ready any time."

Certainly he looks in the very perfection of condition. In physique Hackenschmidt is a perfect picture of symmetry, and in this respect there is no comparison between the two men. One is admittedly possessed of a superhuman strength—the other is a perfect specimen of manhood, as strong as a lion himself, but alert, scientific, and always artistic with it all. In short, Hackenschmidt is the beau ideal of an athlete, and one may safely repose confidence in such a master of his art.

A comparison of the measurements of the two men is interesting reading. The figures are as follows:—

Hackenschmidt.	
Age	29 years.
Height	5 ft. 9 in.
Weight	14 st. 12 lb.
Biceps	19 in.
Chest	52 in.
Neck	20 in.
Thigh	28 in.
Calf	17 in.
Waist	33 in.
Forearm	15 in.

MADRALI.

Age	29 years.
Height	6 ft. 0½ in.
Weight	16 st.
Biceps	18½ in.
Chest	45 in.
Neck	18 in.
Thigh	27 in.
Calf	17½ in.
Waist	35 in.
Forearm	14½ in.

Thus it will be seen that Hackenschmidt in the matter of weight is giving away considerably over a stone. But the other figures form an eloquent factor enough in comparing the two men.

Before I left him, Hackenschmidt expressed the hope that the pick of the local athletes would come forward to meet him this week. He specially mentioned George Dinnie, with whom he is very anxious to have a bout. "You may say," he said, "that there need be no hesitation in taking me on. I will attempt nothing in the nature of a dangerous hold. I will take no undue advantage whatever, and will, in fact, give my opponents every chance of showing their best skill. I will stick to my offer, viz., £10 to anyone I fail to throw in ten minutes, £25 to anyone I fail to throw in fifteen minutes, and £100 to anyone who throws me. But," he repeated, "I will take no unfair advantage nor try anything hurtful with anyone who comes along."

Doctors on Kissing.

At a recent tuberculosis congress kissing was formally outlawed by the doctors. It was the concensus of opinion among those learned doctors that kissing is an abominable practice. All sorts of bad things were said about it. Not only is it a means of spreading consumption (so they said), but it is altogether a foolish and barbarous custom.

In our opinion, however, such pronunciations from the medical profession will not make kissing one whit less popular, or undesirable, even among the doctors themselves. We imagine that if a pretty girl should present a tempting mouth to any one of the delegates to the tuberculosis congress, there would be danger of a temporary relapse into barbarism on the part of the doctors. We just imagine this—perhaps it is not true.

But of one thing we feel sure—that when the doctor gets home from his journey to the congress, and if he is fortunate enough to have a wife and children awaiting him, there will be some kissing done upon his arrival, unless the doctor has lost all human feeling.

ANGER, FEAR AND WORRY.

By P. M. DEWAR, Auckland, N.Z.

FEAR is everywhere. It brings failure, want, sickness, and death. It has become a fixed habit. By fear nothing is gained, but, on the contrary, everything may be lost. Do not say that you cannot help being afraid. Everyone can rise above it, only it takes time to overcome. Be in earnest and the time will soon arrive when all fear will lose its hold, and you will find yourself a tower of strength and a master of circumstances. Fear and worry are too expensive for anyone to indulge in.

"Where are you going?" asked an eastern pilgrim one day, on meeting the Plague Angel. "I am going to Bagdad to kill five thousand people," was the reply. Some time later the pilgrim met the Angel returning and said, "You killed fifteen thousand and not five." "No," said the Angel, "I have killed only five thousand; fear killed the rest."

Fear and worry have the effect of closing up the channels of the body, but the hope and cheerfulness open them so that life forces go bounding through in such a way that disease can rarely get a foothold. Remember that health as well as disease is infectious. Every sufferer will derive benefit and many will be entirely cured by attending to the following: Retire into a quiet room, holding the thought with the mind at peace and a heart beating with love for all, "I am a spiritual being, therefore I will not admit disease of any kind. And, if diseased now, I open my body fully to the inflowing tide of Infinite Life, and the healing process is now going on." Try to realise this, and you will soon feel a quickening glow imparted to your body by the life forces. Believe and expect—and you will be surprised at the result. If you will give yourself to this meditation daily, and at stated times, and then continually hold yourself in the same attitude of mind, you will be astonished how rapidly your body will get into a healthy condition.

I firmly believe that there is no one agent that produces more sickness than fear. It affects the flow of the blood

and paralyses the muscles so that it makes one powerless to move. Many people have greater faith in the power of evil than in the power of good, and hence remain evil. Success is an impossibility to the man who is filled with fear. Every man has powers lying dormant, which, if called into action, would make him a power in the world. These latent powers cannot be aroused until one believes that they are within oneself.

There is not one person out of a dozen who is not in the habit of worrying. Hardly a week passes without our hearing of a sudden death from heart disease, the victim often being in the prime of life. What is it that weakens the heart so much? As a rule it is constant worry and fear. Professor Elmer Gates has shown that worry chemically changes the blood to a poison. Worry destroys nerve filaments, breaks down muscular fibre, and throws brain, heart, stomach, and liver out of working order. Anger, fear, and worry are an evil trinity, whose reign, I hope, is fast approaching an end. Why? Because people everywhere are trying to overcome these traits and emotions. Worry is wrong, is unnecessary, and must go, and the sooner the better. Constant worry denotes a lack of faith. Most people will tell you it is foolish to worry, but they cannot help it. To learn to overcome worry is a long step towards learning the secret of happiness, and, having taken it, as you will and must do, you will find that life is worth living.

Many a man fails to assimilate and digest his food simply by the action of improper mental or emotional conditions.

A severe fright or great grief will poison a mother's milk and cause the infant to be ill. The contents of the stomach are rendered poisonous by the action of anger. When such is the case, it is to your advantage to exercise control over yourself and refrain from anger, fear, and other like emotions, if for no other reason than that of your own interest.

There is much in the Turkish motto, "Every time a man gets into a passion he drives a nail into his own coffin."

Anger, fear, and worry are most difficult emotions to control, but they can, and must, be overcome. My experience has taught me that doubt and fear paralyse every power of man to rise to better conditions of life, while affirmations and faith open wide the door to boundless possibilities.

These harmful emotions will attract thoughts of a similar nature emanating from others. On the other hand, if you will send out thoughts of love, kindness, cheerfulness, etc., you will draw to yourself thoughts that will make your life brighter and happier in every respect. Just try this for a few months, not in a half-hearted, doubting manner, but confidently and expecting what you look for. Or, in other words, pray as if you were on the point of receiving.

Anger is a sign of weakness, and an angry man is always placed at a disadvantage.

Thoughts of fear never helped anyone, and never will. Many of the things we fear never occur. The energy and vital force wasted on fear and worry are more than sufficient to enable us to overcome our real troubles when they do come.

If you hate a man and send out thoughts to that effect, you will get hate in return, and very often with interest added. If an unkind thought about another person enter the mind, it should at once be replaced by some virtue he possesses, or some good deed he has done.

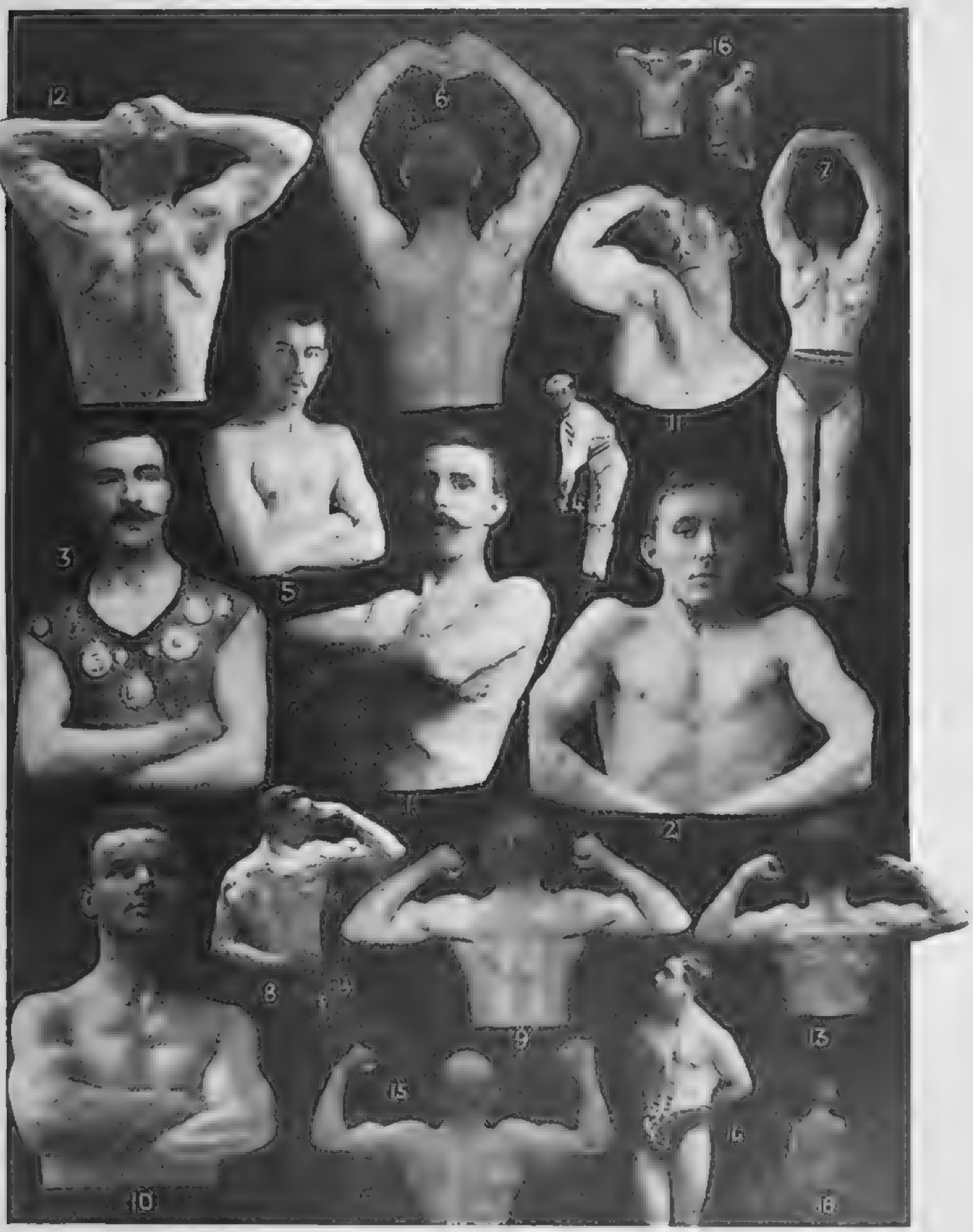
"As a man sows, so shall he reap." A strong, powerful thought for the good of your fellow-men will strengthen you; strong men will be attracted to you, and therefore aid you.

A person who is given to worry should give a few minutes every morning to some noble and upbuilding thought.

Thousands of people are daily sending out to their fellow-beings unfriendly suggestions, such as fear, hate, and disease. Anger, fear, and worry are habits that grow rapidly. The more they are indulged the stronger they become.

Anger is very weakening, and always destroys the charm of character. Many people can trace misfortune and sickness to a fit of anger.

Readers who have sent Photos and Best Wishes to other Readers.



1, John Davey, Ballarat, Australia. 2, G. A. Richards, Bristol. 4, C. McDonald, Aberdeen. 5, E. Cowgill, Hockey Kensington. 5, H. Swift, Eastbourne. 6, F. W. Wills, London, S.W. 7, S. Chatterton, Cape Colony, S.W. Division Rugby. 9, A. Henwood, Pretoria. 10, W. Powell, Swansea. 11, W. Swettenham, Stroud. 12, Lewis Imperato, Cardiff. 13, W. J. Halliday, Cheltenham. 14, C. T. Carter, Nunhead. 15, S. Caughety, Douglas. 16, J. Hannen, Leeds.

WHAT'S BEING DONE FOR THE CHILDREN?

THE ART OF RESTING.

DR. SAVAGE, at a recent meeting of the King Alfred Society, said that there was a great want of teaching children to rest. Quaker children in the past had to devote a certain time to rest, and it was important to get children to be reasonably quiet. Leisure there should be, and how was it to be passed? Rest might be playing a game, or to others it might be drawing. If all children were set to the sol-fa system some would be bored. If some liked to play hop-scotch, let them. The idea that a quarter of an hour should be given to one game and half an hour to another was a mistake.

Happy Hampstead.—Mr. J. Russell, M.A., Headmaster of the Society's School at Hampstead, reported that their school hours extended to 7½ hours, and of these, 6 hours 25 minutes were spent in comparative coercion, this time including dinner-time and organised outdoor games; one hour and five minutes were spent in comparative leisure, divided into small instalments—thus there were three intervals of five minutes and two of ten minutes during the morning, twenty minutes before dinner, and twenty after dinner. They had short periods of work with frequent short intervals of rest. The result was very satisfactory, the lessons went well from start to finish.

Two in One.—A girl who was like a mouse in school became a veritable Atalanta in the playground, and a boy who was a so-called dunce in school became an Edison, a Marconi, or a Napoleon in his leisure time. Which was the real child—the child as he or she was at school or at play?—Dr. Russell.

WHY SACCO LIVED.

"We must teach the teachers how to teach. Rest is even more important than work; if the fasting man who has just finished his feat had been made to work during the six weeks he would not be alive to-day—he rested, therefore lived. There must be frequent intervals of rest, coupled with intervals of work—a quarter of an hour's rest for every hour's work.

"Children are not like bees, but butterflies; they flutter about, and naturally take frequent rests. We want longer intervals of rest during school hours, and absolute leisure when the children are not at school. Give them opportunities to play, to exercise their observing faculties and experimenting tendencies." — Sir Lauder Brunton.

BRAVO, BALHAM!

Ten years ago two ladies, sisters, began a system of physical culture in Balham with fourteen pupils. To-day they have 500. These are mostly girls, but among them are women of almost every age at which they may possibly be susceptible of physical improvement. The youngest, at the present time, is two and a half years old, and it would not be fair to say how much over fifty is the eldest.

Medical men and others in the neighbourhood are taking a very sincere interest in the work of these ladies, the Misses Boden. Their system is their own, and while it is neither Swedish drill nor army drill, it embraces gymnastics, swimming, games, calisthenics, fencing, dancing, and every conceivable branch of physical culture. There are special classes for boys, who come in to the Church Institute Gymnasium from big schools like Dulwich and from all the South London suburbs.

PLAYGROUNDS ON HOUSETOPS.

England is not alone in the neglect of its children, and the editor of the *New York Journal* says rightly that this neglect is both a disgrace to the present generation and a curse to those of the future. He is advocating playgrounds on the top of the huge sky-scrapers. The

top floors would make life delightful for the mothers and the young children in the hot weather—raising them high above the dirty streets, out of the noisy regions into the fresh air and clear sunshine. The children could be provided with different amusement floors according to their ages. The mothers and the little babies would have their playing floors arranged in one way, children a little larger would have their heaps of sand, their harmless, inexpensive apparatus. The bigger children would have their gymnastic apparatus, tracks for foot-racing, and so forth.

It is cheaper, he states in conclusion, to keep a child healthy when he is young than to keep him in the poor-house or the prison when he grows older.

HEIGHT AND WEIGHT FOR AGE AVERAGES.

The following figures may be useful and interesting to parents and others interested in the physical and mental welfare of children, young men and women, and adults. They show the weight and height averages for various ages. The figures, of course, are based on average health and development, and both height and weight may be increased by Physical Culture. In other words, the physical standard would be raised.

	Male.				Female.			
Age.	Height.		Weight.		Age.	Height.		Weight.	
	ft.	in.	st.	lbs.		ft.	in.	st.	lbs.
1	2	5½	1	4½	1	2	3½	1	4
2	2	8½	2	4½	2	2	7	1	11½
3	2	11	2	6	3	2	10	2	3½
4	3	1	2	9	4	3	0	2	8
5	3	4	2	11½	5	3	3	2	11
6	3	7	3	2½	6	3	6	2	13½
7	3	10	3	7½	7	3	8	3	5½
8	3	11	3	13	8	3	10½	3	10
9	4	1½	4	4½	9	4	0½	3	13½
10	4	3½	4	11½	10	4	3	4	6
11	4	5½	5	2	11	4	5	4	12
12	4	7	5	6½	12	4	7½	5	6½
13	4	9	5	12½	13	4	9½	6	3
14	4	11½	6	8	14	4	11½	6	12½
15	5	2½	7	4½	15	5	1	7	8½
16	5	4½	8	7	16	5	1½	8	1
17	5	6½	9	5	17	5	2½	8	3½
18	5	7	9	11½	18	5	2½	8	9
19	5	7½	9	13½	19	5	2½	8	12
20	5	7½	10	3½	20	5	3	8	11½
21	5	7½	10	5	21	5	3	8	10
22	5	7½	10	7	22	5	3	8	11½
23	5	7½	10	7½	23	5	3	8	12
24	5	7½	10	8	24	5	2½	8	9
25-30	5	7½	10	12½	25-30	5	2	8	8
31-35	5	8	11	6	31-35	5	1	8	0

Influence of Suggestion.

By J. E. Hoffman.

In eating, a person should eat what is placed before him, with moderation, as long as it is good, pure food, with the understanding that it will do him good. He should never let the thought come up, or accept the suggestion, that it will harm him.

Should a person take cold, have headache, constipation, fever, etc., he should not think or say, "I know I am going to be sick. I can feel it coming on." If you do, you can depend on it you will be sick, as your inner self will respond to your thoughts as well as the thoughts of others, as long as you are in a receptive and sensitive condition.

Should you have a cold, fever or ailment of any kind, the proper way to overcome it is to hold the thought that it is contrary to nature, that it does not belong there, that it should leave, and demand it to leave. And never let the thought come up that you are not improving. Insist on it that you are getting better, and you will be surprised the difference it will make in your health.

My remedy is, when I retire for the night, to insist that I shall wake up in the morning free of my ailment and be in perfect health. Also ask my spirit friends to help me. In this way I have cured myself in a couple of nights of a disease I had for years used all kinds of remedies for, without any benefit.

If parents knew the effect the remarks have on their children, such as "Where did you get such wet feet? I know you will take cold"; "You surely will be sick," or "Come away from that window and out of that draught—you will take a cold," they would be careful not to make them, but would say, "It is too bad you have wet feet; we will dry them; it will not harm you, but will do you good," etc. By following this rule you will find that you will very seldom, if at all, need a doctor.

An Old-Fashioned Remedy.

A good old-fashioned home remedy for cold on the lungs, or any soreness in the chest, is simply spirits of camphor and lard.

To two tablespoonsful of lard add three tablespoonsful of spirits of camphor and mix thoroughly; place over the fire until it is melted; then spread on a piece of flannel. Hold the flannel to an open fire until it is quite hot, then lay it on the chest.

If it is applied at night on going to bed, in almost every case, by morning the soreness will be relieved. If applied in the daytime one should be careful not to expose himself to cold air or draught. It can be changed and heated occasionally.

This is a simple home remedy used in our childhood days, and we have had occasion many times to prove its efficacy in later years.—E.P.

DREAMS.

"The Mystical Usurper of the Mind."

WE are somewhat more than ourselves in our sleeps, and the slumber of the body seems to be but the waking of the soul. It is the ligation of sense, but the liberty of reason; and our waking conceptions do not match the fancies of our sleeps.

Sir Thomas Browne, who wrote so many quaint, weird conceits, left the following to wondering surviving generations:—"At my nativity, my ascendant was the watery sign of Scorpius. I was born in the planetary hour of Saturn, and I think I have a piece of that leaden planet in me. I am in no way facetious, nor disposed for the mirth and the galliardise of company; yet in one dream I can compose a whole comedy, behold the action, apprehend the jests, and laugh myself awake at the conceits thereof. Were my memory as faithful as my reason is then fruitful, I would never study but in my dreams; and this time also would I choose for my devotions; but our grosser memories have then so little hold of our abstracted understandings, that they forget the story, and can only relate to our awakened souls a confused and broken part of that that has passed."

Joseph Addison wrote one of the finest moral tales in his account of a dream in the *Tatler* of his time: "I was once," the famous writer put it, "in agonies of grief that are unutterable, and in so great a distraction of mind that I thought myself even out of the possibility of receiving comfort. The occasion was as follows:—When I was a youth, in a part of the army which was then quartered at Dover, I fell in love with an agreeable young woman of a good family in those parts, and had the satisfaction of seeing my addresses kindly received, which occasioned the perplexity I am going to relate. We were, on a calm evening, diverting ourselves on the top of a cliff, with a prospect of the sea, and trifling away the time in such little fondnesses as are most ridiculous to people in business, and most agreeable to those in love. In the midst of these our innocent endearments, she snatched a paper of verses out of my hand, and ran away with them. I was following her, when, on a sudden, the ground, though at a considerable distance from the verge of the precipice, sank under her, and threw her down from so prodigious a height upon such a range of rocks as would have dashed her into ten thousand pieces, had her body been made of adamant. It is much easier for my reader to imagine my state of mind upon such an occasion, than for me to express it. I said to myself, it is not in the power of Heaven to relieve me—when I awaked, equally transported and astonished to see myself drawn out of an affliction which, the very moment before, appeared to be altogether inextricable."

What fable of Æsop, nay, of Homer, or of Virgil, conveys so fine a moral? Yet most people have met such deliverances by means of a dream, and many are they who have derived profit from strange situations requisitioned by "the mystical usurper of the mind."

Labouchere a Stay-er.

The man who wears stays is generally considered effeminate. The editor of *Truth* defends the wearing of stays for men. He says: "I have often thought of getting a pair myself—not for the sake of appearances, but in order to enable me to dispense with an overcoat, and possibly other garments. If you had them lined with flannel I do not know that you need wear anything else, except, of course, for decency and ornament. I believe the only place where a man (or woman) really wants clothing is the small of the back—the place where you put a horse-cloth when your animal is standing in the rain. With a few thicknesses of stuff round that part of your anatomy you can defy anything but propriety and convention. Fortified by stays, some women manage to defy even them."

Hackenschmidt informed one of our representatives on Saturday that his match with M. [illegible] is to come off in London on Saturday, April 28th. Asked as to how he viewed his chances, the modest "Georges" shrugged his shoulders and said he didn't know. Hackenschmidt was a back-of-stage spectator of the Madrali-Munro match at the Lyceum.

DRILLING THE SCHOOLBOY.

A Better Plan than Conscription.

The sensational announcement has just been made by the *Evening Standard* that, at a recent meeting of the Council of the London Chamber of Commerce, a proposal of the Defence Committee of the Chamber to communicate with school authorities throughout the country on the question of promoting military drill and shooting practice in schools was approved.

This is a decided advance in the direction of giving effect to the scheme put forward by Lord Roberts. It is proposed to form a joint committee of Chambers of Commerce throughout the country to develop the idea as much as possible.

As a result of the movement the scheme is to be taken up by Harrow and several of the other large schools.

It will be necessary before any large extension can take place for the various school authorities to make the drill a regular subject, as otherwise no grant can be obtained.

A sandbag as a warmer is said to be greatly superior to a hot-water bottle, which many people prize so highly. Get some clean, fine sand; dry it thoroughly; make a bag about eight inches square of flannel, fill it with the dry sand, sew the opening carefully together, and cover the bag with cotton or linen cloth. This will prevent the sand from sifting out, and also enable anyone to heat the bag quickly by placing it in an oven or on top of a stove. The sand holds the heat for a long time.

Australia is said to be capable of supporting at least 100,000,000 inhabitants.

Heavily-bearded men, according to a barber, are most apt to be bald.

Bournville Village. A typical view.

See article, "An Industrial Utopia," on pages 387-391.

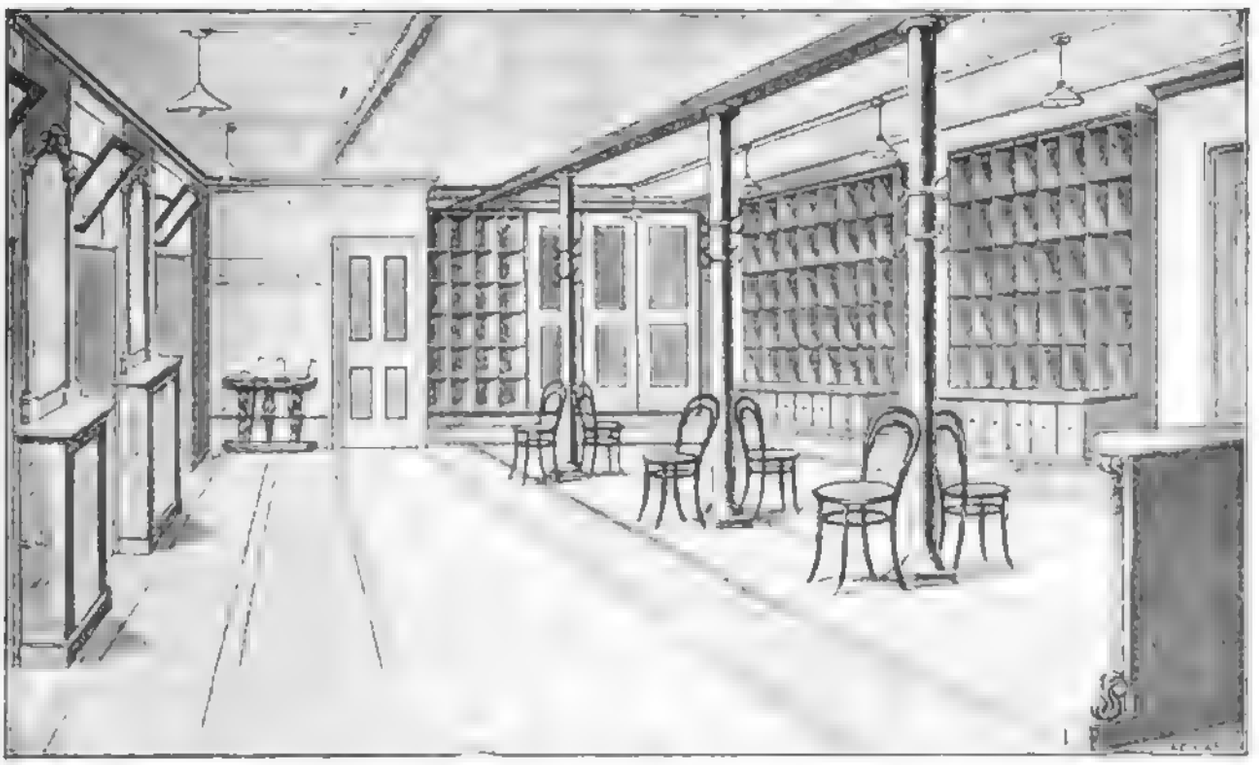
CONSULTING ROOM. RECEPTION ROOM.

OPENING OF THE NEW LONDON INSTITUTE OF PHYSICAL EXERCISES.

A Palatial Place where Physical Culturists will be able to Exercise amid the most encouraging surroundings.

ON Tuesday in last week was opened, at 185 Tottenham Court Road, London, W., an establishment under the name of the Institute of Physical Exercises, the splendid appointments of which provide an environment that should prove sufficiently stimulative even to the most physically lazy. Tens of thousands of Londoners, owing to the ever increasing facilities for transporting themselves quickly and cheaply, disregard the taking of exercise sufficient to ensure the maintenance of health and vigour of both body and mind. To such Londoners, especially those who have little convenience at home for exercise, or who have small inclination for solitary exercise, the newly opened Institute should prove most inviting.

THE BATH (H. & C., RECLINING AND SHOWER).



THE SPLENDID DRESSING ROOM OF THE PHYSICAL EXERCISES INSTITUTE, LONDON.

As will be seen by the illustrations published herewith, the pupils have every convenience for carrying out exercise under the most encouraging conditions. Further, under the direction of so capable a Managing Director as Mr. A. Wallace Jones, the pupil cannot fail to develop to his or her highest standard.

Mr. Wallace Jones commenced Physical Culture in his childhood, when he was properly trained in gymnastic work. He has spent the whole of the time since in the practical study of anatomy, physiology and hygiene, in both physical development and physical remedial work. He holds valuable certificates, and for several years acted as manager and leader to the West End Physical Culture Association, London, W. An interesting illustrated pamphlet (gratis) about the Institute, terms, etc., is obtainable on personal or written application to Mr. Wallace Jones, at address already quoted, and readers of SANDOW'S MAGAZINE are invited to write or call.

It was quite a pleasure to attend the opening ceremony of the Institute of Physical Culture exercises which took place on the evening of March 20th. The premises, situated at 185, Tottenham Court Road, have a very large room space, notwithstanding I found on arrival the room packed.

The proceedings opened at 8 o'clock with a short introductory speech by Mr. F. Meredith Clease, who introduced Mr. Wallace Jones, under whose directorship the institute is run. Mr. Wallace Jones then gave a most interesting and instructive lecture and demonstration, in the course of which he practically touched on every function and muscle of the human frame. From the lecture it was apparent that he had a thorough command of the theory of Physical Culture, and an excellent knowledge of anatomy. This, however, never satisfies me fully, there being many who have the theory of the subject at their finger ends, but could not give really practical instruction to a class to save their lives. Therefore, being in the neighbourhood a day or so afterwards, I called in to see the actual work of the Institute, and just managed to catch Mr. Wallace Jones with some pupils, and came away convinced that if it is possible to improve the health and physical strength of man, woman, or child, they can rely that it would be done at this new Institute.

The M.C. at "Wonderland."

IN THE ARENA OF SPORT.

Brief Bits from Ring, Track and Field.

Americans for Athens.

The United States is putting a strong team of athletes into the field for the Olympic Games at Athens. Mr. Sullivan, who has charge of the team, has said that the team that had been chosen to represent the United States was the best available, and comprised the pick of the athletes of America. Its success was assured in the track and field events, whilst also included in the team was a new swimmer, Daniels, who was regarded as the fastest in the world.

In all there will be forty-five French athletes sent to Athens to take part in the forthcoming Olympian games.

Germany will be very well represented at the Olympic games in Athens by fifty-seven of her best athletes. Much is expected of the gymnasts, who number fourteen.

The Big Wrestling Match.

Hackenschmidt and Madrali have definitely decided to bring off their long-talked-of wrestling match at Olympia, on Saturday, April 28. Some discussion took place before the venue was finally agreed upon, the claims of the Albert Hall and the Lyceum also being considered.

Olympia has seating accommodation for 10,000 people, 7,800 of these seats being reserved, and these will be let at prices ranging from 5s. to 2 guineas.

The match will commence at nine o'clock, and will be continued until one of the two wrestlers succeeds in throwing his opponent. If necessary, the contest will be continued on another day. Of the wrestlers' share of the receipts 65 per cent. will go to the winner and 35 per cent. to the loser.

Another Snail Recipe.

For those who have the courage and the stomachic strength to follow Canon Horsley's advice as to eating snails, the following Hungarian recipe will be interesting:—

Good-sized snails must be thrown, together with a pinch of salt, into boiling water, which should be allowed to boil up three times. Then they must be picked out of their shells and cleaned, all black parts being carefully removed. They are best chopped up with anchovies, and prepared as a *ragoût*, and served up in their shells, or on toast, though some people return them whole to their shells, and eat them *en négligé*. Lemon should always be handed with this dish.

Result of November Competition.

The result of the November Competition (which, owing to an exceptionally large number of entrants, has been somewhat delayed) are as follows

Above 18 Years of Age

Medallist—Mr. J Williams Hopkinson, Burghersdorp Cape Colony; age 25; height, 5 ft. 4½ in.; weight, 135 lbs.; chest, contracted, 33½ in.; chest expanded, 40 in.; waist, 28 in.; upper arm R, 13 in.; fore arm R, 11 in.; upper arm L, 13 in.; fore arm L, 11 in.; hips, 33½ in.; thigh R, 20 in.; calf R, 13½ in.; thigh L, 20 in.; calf L, 13¼ in.; ankle R [illegible]; neck, 15½ in.

W. H. Devenish 2nd, over 18.

J. W. Hopkinson, Burghersdorp, C. Colony. (1st, over 18
C. H. Parr, Jun., Blackpool. (Highly commended, under 18
W. E. Price, Middlesboro'. (3rd, over 18.)

F. Halliwell 1st, under 18

The prize winner under 18 years of age is Mr Fred Halliwell, 9, Cambridge Street, Stubbin Holme Hebden Bridge Yorkshire His measurements are as follows

Age 17 years 6 months; height, 5 ft 6 in.; weight, 9 stone 12 lbs.; chest, contracted 34 in.; chest, expanded 39, waist 27½ in.; upper arm R, 13½ in.; fore arm R, 11½ in.; upper arm L, 13 in.; fore arm L, 11 in.; hips, 34 in.; thigh R, 20 in.; calf R, 14 in.; thigh L, 20 in.; calf L, 13½ in.; ankle, 8½ in.; neck, 15 in.

READERS' CLUB.

President - - - EUGEN SANDOW.

Motto:—**One may Help Many.**

For the exchange of ideas, personal experiences and photos for the encouragement of Club Members. Every Reader is a Club Member.

Readers are expected to act up to the Club Motto. and for services rendered the President will award to the sender of every published idea, experience or photo. the Club Fellowship Medal as a token that the rightful owner has earned the Fellowship of the Club.

[The attention of club members is directed to the page of photos. of club members elsewhere in this issue. From time to time I shall publish a similar set of photos. from those who show their interest in the club by giving the benefit of their experiences to others through these columns.—EDITOR.]

Something Like an Athlete.

Falmouth.

SIR,—I wonder if the following letter will be of interest to the members of the S.M.R.C., and, in addition, gain for me the C.F. medal, which, needless to say, I would most highly prize.

When stationed at Malta in 1898 I decided to train and compete in the 100 yards and quarter-mile running championships of that island. Result—100 yards, just beaten on the post; quarter-mile, after leading the whole distance had to stop dead beat twenty yards from the tape, after looking all over a certain winner.

A sergeant of my regiment, who had a day or two previous joined us from England, and who was wearing the cross swords, which mean "Gymnastic Instructor," said to me on the athletic ground, "You would win the quarter easily if you had greater lung power; it is absolutely essential to a runner—especially to those runners who aspire to championship honours." I told him I would do anything to develop my staying powers." "Put yourself under me for three months, and I guarantee not only to develop your staying power, but to add a couple of inches to your chest measurement as well." "What is this great secret?" said I to him. "Wait awhile, until you have fully recovered from your efforts of to-day," said he. What was that secret? Why, a course of "Sandow's" system of physical culture. I purchased Sandow's book, "Strength, and how to Obtain it," and a pair of dumb-bells, and with the sergt.-instructor worked most conscientiously from 1st September to the end of December—four months. I almost forget now what my measurements were previous to my course, but I do remember my chest measurements, and they were as follows: Normal, 35 inches; expanded, 36½ ins. On the completion of my course my measurements were: Normal, 38½ ins.; expanded, 42 ins.; height, 5 ft. 10½ ins.; waist, 30 ins.

In January, 1899, I, with such a gold mine, as it were, started once more training for the championships, which were to take place in the following May.

Result—I surprised Malta! I surprised myself! I should like to describe my feelings as I ran to victory after victory, but space forbids it. Briefly, then, the result of my course of "Sandow's," so far as the athletic world is concerned, was—

MALTA, 1899.

100 yards championship	1st
Quarter-mile championship	1st
Half-mile championship	1st
One mile championship	1st
(All these events in the same afternoon.)	
Challenge Shield for swimming	1st
Boat race (I pulled bow oar)	1st
The tug-of-war team that I trained was	1st

And last, but not least, my football team won the Cup.

I was presented by Lord Grenfell with a handsome silver cup, and he remarked that I was the finest looking athlete on the field that day (May 12th, 1899).

In 1898 I had no foundation, as it were, to train on. In 1899 I was proud to say that I was a "*Sandow* man."

Now, Club members, you will see by the above what "Sandow" did for me from an athletic standpoint. What else did that course do for me? It gave gave to me splendid health, and enabled me to go through the whole of the South African war, including the relief of Ladysmith, which gained for me two medals with seven clasps.

I may add in conclusion that I recently gained a gold medal for Indian club manipulating, and

intend shortly to start a school of Physical Culture (on Sandow's system, of course). Needless to add that I still continue my "Sandow's" every evening for an hour.

CHARLES E. MCCONNELL,
Sergeant-Major.

A Suggestion.

Belfast.

SIR,—Allow me to congratulate you on the excellent get-up of your magazine at the present time. It is undoubtedly going to be the best "Culture" Mag. on the market.

There is one thing that I would like to suggest, and that is that you publish the name, measurements and a short sketch, if possible, of the photo illustrated on the front cover every week.

Every well-developed man's photo. I see I like to know as much about him as possible, and I am sure a great number of readers share the same opinion.

I think also the idea of introducing the Readers' Club a splendid one, and I am sure a good number of converts will be brought over to *Physical Culture*.

THOS. J. VANCE.

[I think the idea of my correspondent a good one, and in future I shall carry his suggestion into practical shape.—EDITOR.]

"Was as Nervous as a Girl."

Sunderland.

SIR,—Allow me to say how glad I am for this new move of yours to strengthen the cause of Physical Culture—this Fellowship, which I am convinced will, in the association and exchange of ideas in these columns, stimulate many and gain many new recruits.

GUS MIPPE.
An Enthusiastic Physical Culturist and Sandowite.

May I, as a beginner, give a word of encouragement to those who, like myself, once despaired of ever being other than a "weakling"? I was very tall, being 6 feet when I was 16 years of age; so thin that I was almost ashamed to exercise, and of that gawky, bony, angular build which so resembles a scarecrow. I was as sensitive and nervous as any girl.

Three months ago, I read in your excellent magazine of those, once like myself, who had, by following your system, gained a sound mental and physical condition, and I was fired to do likewise.

I consulted a friend of mine (J. Smunthwaite), whom I knew to be a staunch advocate and teacher of your system, and he gave me all encouragement, and has been my constant instructor ever since. You well know the rest. Patient, persistent plodding has worked wonders! My measurements were taken, and I started under the tuition of my friend with your system, together with a few movements suited to my special case. Last week I was again measured, and my muscular improvement far exceeded my best hopes. A more shapely body, a clearer brain, and a keen joy at being alive, has spurred me on, and I mean to improve still more in the next three months. It seems to me incredible that one sees so many human derelicts nowadays, when the path to perfect health is so pleasant. The only reason I can see is that they do not know of it, and it will be my earnest endeavour to preach the doctrine of a sound body wherever I go.

It seems to me that the mere size of muscle or weight of bar-bell to a beginner is of little consequence compared with the improved health, keener perception, and increased mental capacity which I, as a considerable brain worker, have found to be the sure result of Physical Culture. Believe me, yours sincerely,

C. H. SAYCE.

One of his Best Investments.

Blackrock, Co. Dublin.

SIR,—Having been an enthusiastic follower of your system of physical culture for some time, I take this opportunity of expressing my experience and appreciation of its thoroughness as a medium conducive to health and strength. About a year ago I had the misfortune to suffer from nervous debility. I tried many drugs without avail. It was while reading the current number of a monthly magazine that I came across an advertisement of Mr. Sandow's system of curative physical culture. I decided to give it a trial, and may safely say that I consider the purchase of my course of instruction one of the best investments I have ever made. I feel quite healthy and strong now, and take a pleasure in exercising daily. I am a staunch believer in the cold bath after exercise. I think every school and training institution should recognise the importance of making the teaching of the elementary principles of hygiene and physical culture part of their curriculum, as by so doing there might be, in the future, fewer cases for our lunatic asylums and sanatoria.

Hoping to see this letter published for the benefit of others, yours truly,

CHAS. H. G. WESTROPP.

A Tip for Volunteers.

Cromer.

Sir,—Being a reader of your valuable magazine, and an ardent Sandow enthusiast, I think myself in duty bound to write and tell you of my own personal experience of your wonderful system of physical culture.

About six years ago, while on a visit to London, I went and saw one of your pupils give an exhibition with your developer, and I was greatly struck with the magnificent specimen of manhood I saw. Before coming home I purchased one of your developers, and after I returned home I started exercising with a will, following the directions on the chart given with your developer. At first I could not see any great change, but after three months' practice I began to notice a great gain in my measurements, and a general improvement of my muscles all round. After twelve months' good hard exercise, I was proud to find myself bigger by ten inches chest measurement, and increased by inches in arms and legs.

I can to-day slow press up 84 lb. six consecutive times with each hand, and raise a 56 lb. weight twenty-five times with each hand.

I persuaded the volunteer instructor of the company to which I belonged to go in for Sandow as we call it, and he derived a great deal of benefit from it, as he is explaining to you by this post. Afterwards we gave exhibitions, and it was said that I possessed the finest physique of the Cromer Volunteers. This I attribute entirely to your valuable system of exercise. I might say that I was fairly strong before commencing your exercise, as I had plenty of outdoor exercise, such as football, cricket, and swimming. I have always recommended your exercises and apparatus to all would-be athletes in football and other sporting communities. I think your Fellowship Medal presentation an excellent idea, and I should be proud to become a lucky recipient of one of them.

Fred Crisp.

Measurements.

Age, 21 years.		Age, 27 years.	
Weight ...	11 st. 4 lbs.	Weight ...	12 st. 6 lbs.
Height ...	5 ft. 7½ inches	Height ...	5 ft. 8 inches
Chest (con.) ...	36 ,,	Chest (con.) ...	38 ,,
Chest (exp.) ...	38 ,,	Chest (exp.) ...	40 ,,
Waist ...	30 ,,	Waist ...	28 ,,
Biceps (R) ...	12 ,,	Biceps (R) ...	13 ,,
Biceps (L) ...	12 ,,	Biceps (L) ...	11½ ,,
Forearm (R) ...	11½ ,,	Forearm (R) ...	12½ ,,
Forearm (L) ...	11½ ,,	Forearm (L) ...	12½ ,,
Thigh ...	22 ,,	Thigh ...	23½ ,,
Calf ...	13 ,,	Calf ...	15 ,,
Wrist ...	7½ ,,	Wrist ...	7½ ,,

A Practical Helper.

Whitehaven.

Sir,—Although I have been a reader of Sandow's Magazine ever since it was first published, and have every number complete, which I think, is a very valuable library, I can honestly say that the introduction of the Readers' Club has caused me to take a real personal interest in it. I always have the current number on the counter for young fellows to see, but that is all I have done for it. Now, I intend to make an effort to get the magazine popular here. Upon enquiry, I found that no one stocked it unless previously ordered, so I have arranged with a newsagent to order one dozen copies, and expose one in the window for sale, and should there be any left, when the next number is out, I'll take them, and hand them round to my friends. What do you think of the idea?

Thos. Rothwell.

[An excellent service, for which I thank Mr. Rothwell.—Editor.]

P.S.—I had nearly forgotten to enclose this part. A particular friend of mine is to be married shortly, and I wanted a novelty for a present. Which do you think would be the most novel—one of your bronzed statuettes, or a Developer and Symmetrion? I have enclosed a stamped envelope for reply to this, but if you consider it of sufficient interest, you could reply through the magazine.

"To Others—Don't."

Bexley, Kent.

Sir,—Should this little experience of mine be favoured with space in the S.M.R.C. columns of your valuable magazine, I trust it will prove successful in pointing out to a few of your readers the distinct inadvisability of exercising immediately after a meal.

I had spent the afternoon and evening at Earl's Court, and arriving home considerably after my usual time for retiring, I quickly swallowed my supper, went into my bedroom, and exercised for some minutes on your Developer, got into bed and was soon asleep. But rest was not to be my portion that night, for in a very few minutes I was back at Earl's Court, enjoying all the little attractions over again. I repeated my journey in the air-ships, enjoyed once more the exhilarating rush down the water-chute, and last but not least I went round in the big wheel.

Slowly we mounted above the building in the grounds; gradually we saw more and more of the lights of London. The view increased in extent and in magnificence. Here was a cluster of streets all illuminated by the brilliant arc light; there a neighbourhood lighted entirely by gas, contrasting strangely in its yellow rays with those of the white electric. Close by us ran the river, seeming dark and silent amid its bright surroundings. Then a train would catch our eye, gliding like a glow-worm with its fiery head in and out the darker portions of the town, past the brilliantly lighted stations, over the dismal river, and then would dive with a shrill whistle into the tunnel, lost from view.

We have almost reached the highest point of the circuit. The view beneath us grows in its magnificence as I lean out of the window to obtain a better command of it. But horrors! the door is insecurely locked. It flies open; I lose my balance, and fall down! down!! down!!! Slowly at first, then quicker. Gradually my pace increases. The objects below become larger to my view—larger and larger! I see the people run from the spot where I shall fall; others stand aghast; women shriek and faint; while I whiz

quicker through the air—quicker, yet quicker! The wind whizzes by me; my pace is enormous; the fearful rush of air is almost unbearable. I approach the ground. And then, with a fearful crash that seems to shake the very earth, I land—on my bedroom floor! And as I sit up and rub my eyes, there is a quiet tap at my door, and a gentle voice inquires, "Is anything the matter?"

VICTOR G. GELLINGHAM.

The Dance of Death.

23, West Park, Clifton,
Bristol.

DEAR SIR,—On the other side you will find an extract from the English "Dance of Death," which I think you might well consider appropriate to insert in some corner of your magazine.

It is, I think, probable that you have not made use of the quotation before, for I believe the "Dance of Death" has been out of print for nearly a century.—Yours truly,

W. T. SHAPLEY.

How oft the Sons of Riot find,
Pleasure, the Poison of the Mind;
In Life, by Fire and Famine, less
Sink to their Graves than by excess:
'Tis Temperance gives the richest Wealth,
Contentment, Peace, and lasting Health;
'Tis Temperance that forms the Sage,
Is Youth's best Guardian and the Friend of Age.

Social Savagery.

TO THE EDITOR OF THE "DAILY MAIL."

SIR,—A London hostess, writing in the *Daily Mail* on "Social Savagery of the Modern Young Man," says:—"How truly degrading to have to plot and scheme and feed (and I presume to give drink to) the brutes," etc. I entirely agree that her action in so doing is degrading in the extreme, with the idea of capturing young men for her marriageable daughters! No wonder the fact has gone forth of society's morals and manners being at their lowest ebb.

Again, her remark, "If I had sons (thank Heaven, she has not) I would whip them to a dancing academy." What an elevating standard is an insinuation that a man is useless unless a dancer! I have sons, tall, handsome, athletic, and thorough in every respect, but I would whip them from a dancing academy if such were the means of bringing them in contact with plotters and schemers who would drag them down to the level of half-inebriated dancing fools who make flirtation a hobby and loveless engagements and marriages.—MENS SANA IN CORPORE SANO.

A Useful Tip.

Eastbourne.

SIR,—About eighteen months ago I had a twelve months' course of your *Curative Physical Culture for indigestion and neurasthenia, and am glad to say digestion is greatly improved.

For the benefit of other readers who would like to have a cold bath or sponge over after exercise, and cannot do so, they will find it answer the purpose equally well if they purchase one of those scent sprays, with rubber ball and tube attached (the same as are usually used by barbers), and fill with clean water each time and spray the body all over, and then rub with coarse towel, with the advantage that it does not make a wet mess on the floor.

W. F. BODLE.

** Explanatory booklet post free on application to Eugen Sandow, Dept. S., 17, Basinghall Street, E.C.*

After Five Months.

Battersea Park.

SIR,—I have been taking in your splendid magazine for the last six months, and received great benefit from it.

I shall be pleased to have your opinion of my measurements, etc.

I started doing your exercises about five months ago with 5-lb. dumb-bells, regularly night and morning, and also doing some weight-lifting in the evening.

Since starting myself, I have encouraged my younger brother to take up Physical Culture. He has actually beaten me in weight-lifting, but he is two stone heavier than I am. My present lifts are: Right hand bent press, 95 lbs.; left hand bent press, 100 lbs.; two dumb-bells simultaneously, 112 lbs.; bar-bell, two hands, 120 lbs. Can also lay down and stand again with 80 lbs. dumb-bell held up at arms' length.

The following are my measurements:—

Age	19 years	Wrist (R)	6½ in.
Height	5 ft. 2½ in.	Wrist (L)	6½
Weight	8 stone	Thigh (R)	18½
Chest (con)	31 in.	Thigh (L)	18½
Chest (exp)	36	Calf (R)	13½
Biceps (R)	12½	Calf (L)	13½
Biceps (L)	12	Neck	14
Forearm (R)	11	Waist	24
Forearm (L)	11		

GEORGE SAVORY.

Replies in Brief.

D. MCGREGOR (CRIEFF).—I regret I am unable at the moment to supply you with the address of my Almond Bank correspondent, but shall do so on hearing from him again.

R. E. WELLS (LONDON, W.C.).—Very sorry; verses not quite good enough for publication.

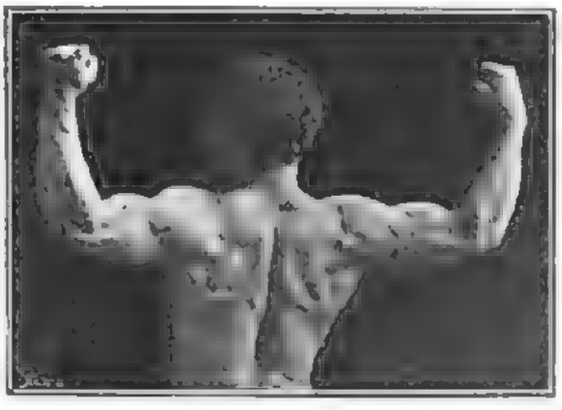


PHOTO. OF THE EDITOR
Showing Back Development.

LEARNING TO HATE WORK.

By Beriah F. Cochran.

TO my mind it is one of the most important facts for sociologists, philanthropists and educators, yes, for all persons, to meet and consider and explain and learn from, that many people learn to hate and dread work. Perhaps no fact affects more profoundly the welfare of both individuals and the state.

It is not merely what would be classed as an economic fact; it directly and profoundly affects moral character and personal worth. It would be well to study more intently than ever before the question, why and how is this so, and to use all the light of modern learning in the attempt to solve the question.

Someone attributed to Abraham Lincoln the saying that his father taught him to work, but did not teach him to like work. Whether Lincoln said this or not, here is a thought that every parent and instructor may well consider with deepest interest.

The acts and words of many people imply that they have no conception of liking ordinary work or of finding pleasure in it, and regard such work as being always irksome and unpleasant. What a miserable existence must be that of one who holds this view, and is obliged to work for a living! Indeed, one who is able to live without working must have a dreary and impoverished life, if he is controlled by such a notion. He cannot have genuine sympathy with the workers of the world, or the sweet exhilaration of the coursing, pure blood of a willing, happy worker. He experiences stagnation, impurity, dulness, disease, and moral deterioration. And yet it is to many persons one of the things most desired, to be able to live without working. Why is it?

Why do so many imagine it is a fine thing to drink from the stagnant and poisonous pool of indolence and inanity? Why do so many turn to trickery and crime for their living, rather than work? Why is it that many a person would rather have an automobile, accompanied with a case of appendicitis, than enjoy the healthful exercise of walking?

What shall we call the disease that makes a person envy the bloated and bejewelled idler, and condemn, or treat with indifference, the strong, clear-eyed, clean-minded, good-natured, worker? What is it that turns a decent boy into a loafing cigarette-sucker? What is that leads girls to regard with aversion the useful and necessary work of the house, and follow the notions that lead in the ways of vanity and giddiness and disease and soul-poverty?

It should be the first and foremost desire of every parent, in regard to his or her child, that the child have and develop such powers of muscle and mind as will enable him or her to overcome the adverse forces of mind and matter, and to enjoy a long, useful, happy life. But, while the very food of the gods is within their reach, many parents are putting into the golden spoons of their offspring the seeds of disease and crime and misery and death. Compare with such offspring the children who turn the commonest food into good muscle and brain, and rejoice in the industrial victories of the home, the field, the school, and the shop. It does not require prophetic foresight to see and foretell that such are the persons who are the real exemplars of high living and admirable character, and who take the highest honours that society can give.

Although there is a legitimate, useful, and honourable line of action in mercantile pursuits, it is not this that attracts the majority of those who enter such pursuits; but the motive is from the notion that such business affords chances to acquire property without much work.

And so there are always too many people engaged in buying and selling, and the failures in this line are numerous.

We cannot consider this subject properly without attributing great importance to the fact that in many cases the conditions of work or labour, both mental and physical, are excessively hard and burdensome, and the compensation is too small. And I believe that improvement of the conditions and compensations cannot be expected from any source other than concerted and united action of the workers. Every movement that promotes recognition of the dignity of honest work is a benefit to society and a support to good government.

But I am trying now to direct attention to the fact that many persons, of various ages, who have no excessively hard conditions to contend against, form the habit of disliking and avoiding work. Such aversion is so strong in many persons as to prevent them from taking sufficient interest in the work they have to do to learn how to do it in the easiest and best way; and they make their work troublesome and unpleasant by their disinclination to become familiar with it.

Institutes of technology and schools of manual training, when properly managed, are beneficial. But those powers are in the best situation who have always lived in the atmosphere of useful, willing, cheerful, work, and, with good parental examples before them, have begun very early in life to exert their powers in willing services, have attained gradually to a state of practical development and proficiency that is a constant and lasting source of power and gratification to them.

Gruel and Muffler Sailors.

The rising generation look with horror upon the "roughing it" process at sea which, a quarter of a century ago, was regarded by most boys as an absolute attraction. The twentieth-century boy must have his comforts. What will the skipper of twelve or fifteen years hence be like? We have a vision of a neurotic, delicate, gruel-and-muffler individual, who will be able to navigate his ship well enough in fair weather, but who, in times of stress, will require the assistance of a trained nurse.—*Syren and Shipping.*

Edinburgh Man attempts a Dumb-bell Feat.

Twelve Hours' Continuous Exercise.

As a test of strength and endurance, Mr. W. Bruce Sutherland on Wednesday, 21st, gave a remarkable continuous exhibition of dumb-bell and body exercise in the Edinburgh School of Physical Culture at Shandwick Place. Mr. Sutherland commenced with the dumb-bells, which, by the way, are of various weights, at nine o'clock, concluding at nine in the evening. This is the first such feat of the kind since the time, a few years ago, when Tom Burrows gave a twelve-hours' continuous display for a week of Indian club swinging; but in the present case the whole body was exercised. Mr. Sutherland was fed at intervals of three-quarters of an hour with meat extracts. At noon he was presented with a gold watch by his pupils. At 6 p.m. he was presented (by a well-known City gentleman) on behalf of his pupils with a handsome gold medal. He replied with a suitable speech, stating all credit was due to "Sandow" for such a grand and noble example set before him to follow, and he thanked his many pupils for their tokens of appreciation of his efforts to advance Physical Culture in this city. During the day Mr. Sutherland was watched by hundreds of spectators, the school being situated in one of the principal thoroughfares. Amid deafening shouts of applause and hearty congratulations, Mr. Sutherland finished at 9 p.m., remarking he was good for another 12 hours, and he appeared like it. No special training was undergone for the event. Mr. Sutherland is a teetotaler and non-smoker. For sustenance during the twelve hours he relied on Armour's "Vigoral."

Curious Orders to Chemists.

A chemist reader sends particulars of amusing spelling blunders made by some of his customers who send children to his shop. Here are a few samples of them.

"This child is my little girl. I send you thrippence to buy to sitless powders for a groan-up adult, who is sick."

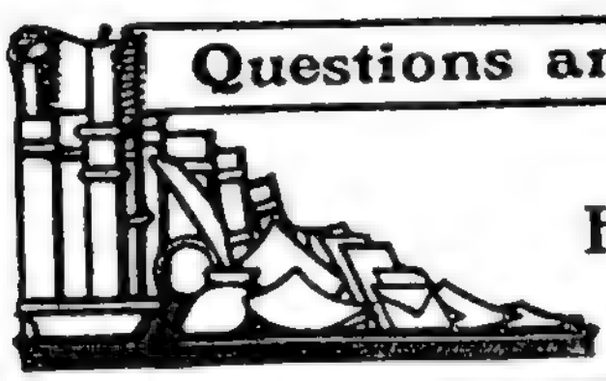
Another reads: "Dear Doctor, ples gif barer sickspens worse of Auntie Tozyne for to gargle babi's throat and obleage."

An anxious mother writes: "You will pleas giv the lettle boi 2pences wort epcac for to throw up in five months old babe. N.B.—The babe has a sore stummick."

This one puzzled the druggist: "I have a cute pain in my child's diagram. Please give my son something to release it."

Another anxious mother wrote: "My little babey as eat up its fater's parish plaster. Send an antedote quick as possible by the enclosed little girl."

This writer was evidently in pain: "I af a ot time in my insides and wich I wood like it to be extinguished. What is good for to extinguish it? The inclosed shillin is for the price of the extinguisher.—Hurry pleas."



Questions and Answers

— AND —

Hints from Sandow.

Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, it must be remembered that space is limited, and I CANNOT *prescribe courses here. All communications relating to instruction by post should be addressed to me at* BASING HOUSE, BASINGHALL STREET, E.C., *and these will receive prompt attention. Ordinary replies cannot be answered by post.*

A Question of Time.

J. S. (BURNLEY) writes: "Being somewhat run down in health, I am writing to ask for your valuable advice. For the last few years I have had an indoor job, but have started outdoor as traveller. I have never taken much dumb-bell exercise—practically none. My condition now is, 'indigestion at times, flushed face after eating, feet perspire, and calves of legs ache after walking short distance; also have chilblains on hands and feet at the least sign of frosty weather.' I sleep fairly well, and seldom have headache; have no convenience for cold bath, but have hot bath weekly. I am using your Concentrated Embrocation for chilblains, and find it the best thing yet tried. I have purchased your books, commenced your magazine, got Developer and Grip-bells (seven springs), and can say that I am very well pleased with them, the price being very reasonable, considering quality, etc. Now, if I exercise as chart—15 minutes in the evening, and a few minutes in the morning—*will this set me right?* And how soon should I find improvement? I am a single man. The following are my measurements; could I increase them to second column? and in what time? I am fairly strong, being able to put up 56 lbs. in each hand."

	Measurements at present.	Measure desired.
Age	25	—
Height	5 ft. 7 in.	—
Weight	10 st.	11 st.
Neck	14½ inches.	15 inches.
Chest (con.)	34 "	
Chest (nor.)	35 "	38 inches.
Chest (exp.)	37 "	—
Waist	31 "	31 inches.
Hips	35½ "	38 "
Thigh	21 "	22½ "
Calf	13½ "	15 "
Bicep	12½ "	14 "
Forearm	10½ "	12 "

Answer: Yours would appear to be a case where you can expect the best results to follow in due course. Like most beginners, you want to know how soon you will "find improvement." The latter term is, of course, a very indefinite one. If you mean how soon will you put an inch on your arms, two inches on your chest, and so on, I would point out that Nature requires a certain time in which to build this extra size. If you mean in what time you should be able to note consciousness of improved feelings as arising from the improved physical conditions, I should have no hesitation in saying that you would not fail to receive such encouragement some time within the first fortnight of the conscientious practice of the advice contained in my books, "Strength, and How to Obtain It," and "Body Building." The condition reported in your letter—a condition of debility induced by the sedentary character of your former indoor employment—your present outdoor employment should help you in very considerably. You will find that Physical Culture will improve your breathing powers, stimulate your circulation and all the functional activities of your body. This all-round improvement cannot fail to create an ever-increasing sense of general improvement and well-being.

Photo. Prize Competition.

G. H. (NOTTINGHAM) asks to what a contributor refers who makes mention of his trying for some gold medal.

Answer: This refers, of course, to the Photo Prize Competition, particulars of which G. H. will be able to see in various back numbers.

To Readers.

Some of you may be most severely handicapped by such ailments as indigestion, constipation, insomnia, loss of vigour and other nervous and functional disorders.

It is vitally important in such cases to first eradicate these ailments under such skilled direction as is obtainable under the Sandow Curative System, which can be carried out in your own room without interference with your everyday life, and at a cost which places it within the reach of every reader.

Full particulars are set forth in a book.

Write for a gratis copy, post free, to EUGEN SANDOW, Post. Inst. Dept. S., 17, Basinghall Street, London, E.C.

The Merits of Sea-Air.

L. G. B. (London, S.), asks if sea-air is good—and why?

Answer: The tonic effect of sea-air is mainly due to the ozone, which is produced by the action of the oxygen contained in the air, upon water in motion. Some of its bracing effect is held to be due to the presence of iodine and chlorine, which are disengaged from the sea water by physical and atmospheric action. Ozone is found in mountain air, and in winds blowing over fields in the early morning, but there is a bracing quality in sea-air superior to any of these, and this is in all probability due to the causes stated. Why it should be that the same beneficial effect is not manifested in all cases it would be difficult to say. If we positively knew that, we should have made a great advance in treating disease. The fact remains that in organic diseases sea-air seems to possess but little remedial value, but in cases where the system needs toning more than anything else, sea-air will sometimes appear to perform miracles in restoring the sick to health. Constitutional diseases, like rickets, often mend rapidly under its influences, while rheumatism is but little helped, and frequently retarded.

For Weak Eyes.

A. D. (Newcastle-under-Lyme). — My eyes are very weak, and lately they water very much, which is very annoying. My glasses suit me, but I am afraid my eyes will get worse. There are no oculists in this town, therefore I take the liberty of asking you. I like your paper—it's so practical.

Answer: It is more than probable that the watering of the eyes is due (in a great measure) to improperly fitting glasses, for it is well known to eye specialists that that is a principal cause not only of eye trouble, but numerous nervous affections. If there are no good oculists in your town, it would pay you handsomely to take a trip even to London, and consult a competent man, for sight is too precious a gift to risk the loss of it for the sake of the expense. In the meantime, to strengthen the eyes, it will be found highly beneficial to dip the face in cold water every morning—with the eyes wide open, and to close and open them several times while immersed in the water, thus bringing the water in contact with all parts of the eyeball.

Is Toast Better than Plain Bread?

L. L. F. (Birmingham).—Will you please explain why toast is considered better, as an article of diet, even than stale bread? There is a general opinion among people to that effect; but I am desirous of knowing something more than the simple fact that it is. I would know why it is so.

Answer: Toast is better as an article of diet than ordinary bread for the simple reason that it is better cooked, and therefore more easily digested. The fact of cutting bread into small pieces and subjecting the newly-cut surfaces to the action of heat not only destroys the life of the yeast, and eliminates some of the harmful products of yeast fermentation, but the added heat practically advances the digestion of the bread by converting the starch granules into a higher form of dextrin, so that the stomach can deal with it more successfully.

Pain in Legs.

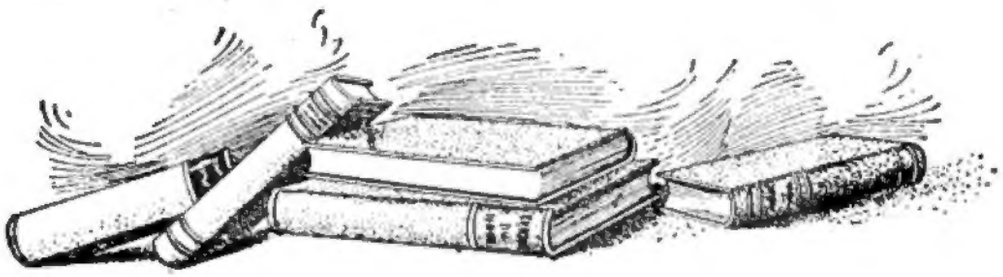
L. A. (Felixstowe) is troubled with acute pain in his legs when running. It is a swelling pain, and affects his walking immediately after. He is practising physical culture, and desires to know if he should continue.

Answer: It is impossible without examination to determine just what your trouble is. You may be suffering from varicose veins, or a tendency thereto, I cannot think it is anything more serious, such as inflamed veins. Your best plan would be to consult a medical man who could examine your legs and give you advice accordingly. At any rate I would recommend that you drop running, seeing that this is the exciting cause of the undesirable sympton you describe. In regard to continuing Physical Culture, it would also be best for you to be guided by what your medical man considers best under the circumstances.

Our Awful "Nerves."

Lecturing before the Psycho-Therapeutic Society, Dr. J. Stenson Hooker said that neurasthenia and neuritis were the curses of modern life, especially among the brain workers. They were readily curable by diet, not by drugs.

Music was waiting to be used for the cure of many diseases. Colour would yet cure lunacy. The present-day passion for green in clothing and house-decorations everywhere was a tribute to its soothing effect on distraught nerves.



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Apollo—At 8-0, "Mr. Popple." Mat. Sat. at 2-15.
Camden—At 7-45, "Leah Kleschna." Mat. Thur. at 2.30.
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Criterion—At 8.30, "The Little Stranger." Mat. Wed. and Sat. at 3-0.
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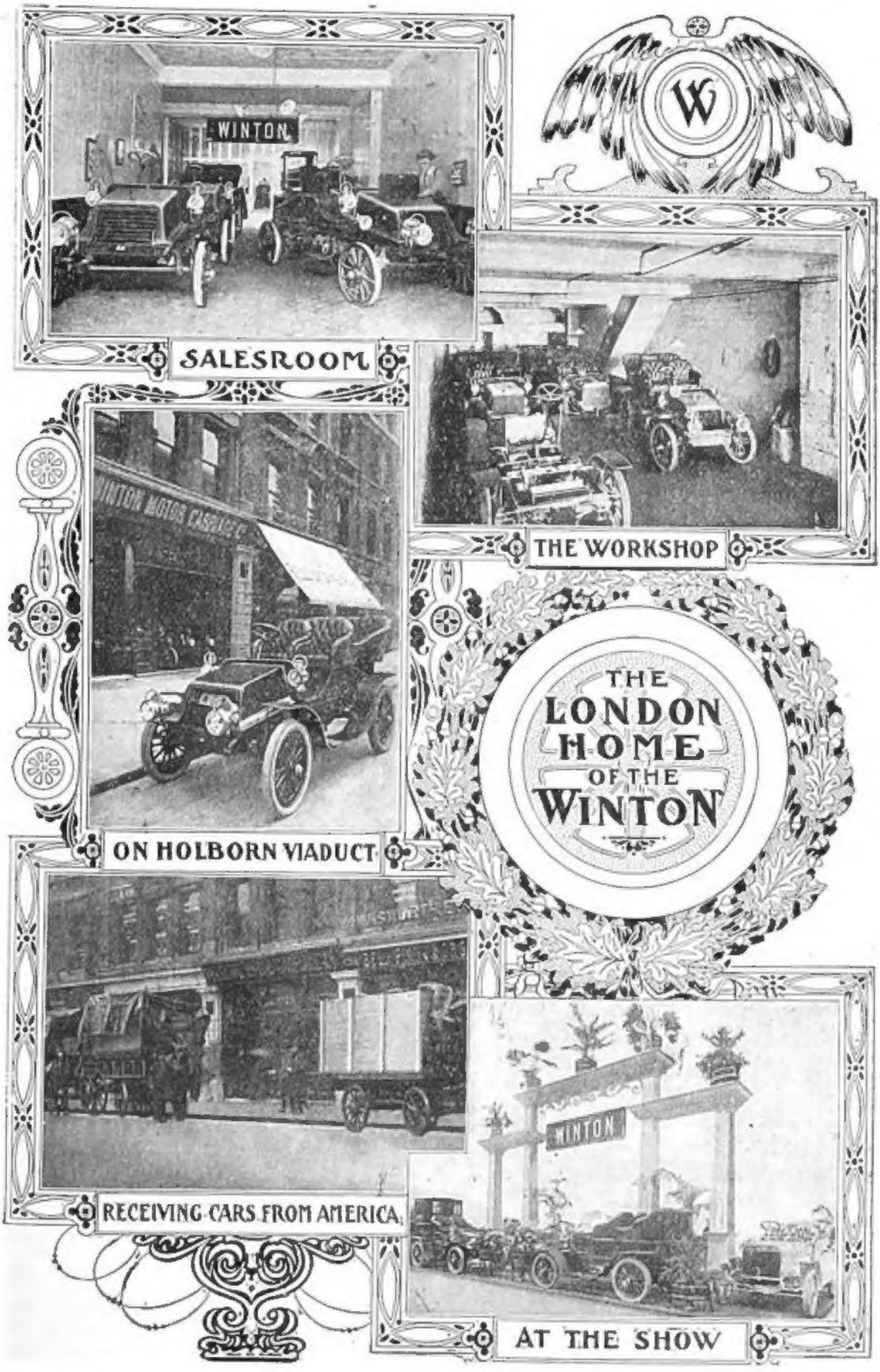

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